

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors



Spring 2026

Registration opens

Feb 11, at 8:30 am

communityprograms@tdsb.on.ca | 416 - 338 - 4111



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@learn4lifetsdb

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Program Information

General Interest courses are for adults, 18 years of age and older. Seniors' Daytime courses are for registrants 65 years of age and older. Learners aged 64 and under can refer to the FAQs or call 416-338-4111 for information on registering in a Seniors' Daytime course. Please visit www.learn4life.ca to view the Learn4Life – Frequently Asked Questions.

Important Dates

Registration Opens: Wednesday, February 11 at 8:30 a.m.

Classes Begin: Tuesday, April 7, 2026

Registration Information

There are three easy ways to register: online, telephone, and by mail. To register by mail please visit the website for the registration form. An account and email address is required to register for a course.

In-person registration is available by appointment, please call us at 416-338-4111 to book your appointment.

The Learn4Life office is located at John Polanyi Collegiate Institute, 640 Lawrence Avenue West, North York, ON M6A 1B1, Entrance Door 11, located at the North East side of the building, accessible via Varna Drive. Parking areas are available at the back of the building. Kindly note that there is no direct access to the Learn4Life office from within the building. Visitors arriving at the front entrance, we kindly request you proceed to the North East side of the building. Registrants are encouraged to make their needs for accommodation known in advance of visiting the office by calling 416-338-4111.

Social Assistance Document and Registration Form Upload

Learners requesting the subsidized rate must submit supporting documentation. Your eligibility must be verified before we can complete your course registration.

Learners can now upload their social assistance documents and registration form directly to their Learn4Life account for review. To assist with this process, please refer to our step-by-step instruction guide on how to upload documents available on the website.

Important: *Do not register online.* Instead, after uploading your documents, you must email Learn4Life to let us know your documents and registration request are ready for review.

Send your email to: communityprograms@tdsb.on.ca. Use the Subject line: "Proof of Social Assistance Document and Registration Form Upload". Your documents will be reviewed, and if

eligible, we will complete the registration for you. Material fees, if applicable, are extra.

Note: Learners requesting the subsidized rate must have a Learn4Life account. If you do not already have one, you will need to create an account.

Payment Information

Visit www.learn4life.ca and use your VISA or MasterCard to pay.

*Seniors (65 and over) receive a 20% discount on course fees.

*Subsidy Learners (if eligible) receive an 80% discount on course fees.

*Material fees are collected centrally at the time of registration. No discounts apply.

*All fees include HST

Refund Policy

All refunds will be processed according to our refund policy. Please review the policy available on page 4. All refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4 to 6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

Note: Although the system will accept a pre-paid credit card, to ensure a refund is returned to the user if requested, it is not recommended to use a pre-paid VISA or MasterCard when registering for a course.

Cancelled Courses

A minimum number of registrants is required for a class to run. The Toronto District School Board (TDSB) has the right to make the final decision to open or close a class, or to revise the fee structure. If a course does not meet the enrolment minimum, and is therefore cancelled, every effort will be made to accommodate you in another course. If there is no other course which is satisfactory to you, you will receive a full refund.

Program Accommodation

The TDSB strives to meet the accommodation needs of persons with disabilities. Registrants are encouraged to make their needs for accommodation known in advance of commencing a Learn4Life class. If you require accommodation, including arrangements related to a fire safety plan, please contact the TDSB Continuing Education Office at

416-338-4111.

Community Programs – Learn4Life Refund and Transfer Policy

The Toronto District School Board (TDSB) will process a full refund if the TDSB receives the written request for refund before the course begins.

Refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4 to 6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

For courses under five weeks in duration:

No refunds or transfer requests will be considered after the class begins.

For courses five weeks or longer:

If you withdraw after the first class, a pro-rated refund (minus a \$15.00 administrative fee per course plus a portion of the material fee if applicable) will be processed if the TDSB receives the request for refund in writing.

No refunds or transfers will be considered once the second class has started.

For subsidized courses: No refunds or transfers will be considered after the class begins. If TDSB cancels the course before it begins.

Summer Refund Policy: No refund or transfer requests will be considered after the class begins.

All requests for a refund or transfer must be made in writing. The effective date of the withdrawal is the date the withdrawal notice is received by the TDSB.

There are two ways to submit requests:

Email: communityprograms@tdsb.on.ca

Online: www.learn4life.ca

This symbol ★ indicates a Seniors' Daytime course.

Art

Acrylic Painting Beginner

Explore your individual creative expression through an understanding of basic techniques used in acrylic painting. In this course, step by step demonstrations will outline the painting process from start to finish; including preparation of canvas, colour composition and mixing, choosing painting tools, mixing materials into the paint to achieve various effects and sealing your artwork. Learners are required have their own materials, a list will be provided in the first class.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7475

Acrylic Painting Beginner/Intermediate

An excellent paint to learn with, acrylics are water-based and easy to use. At the first class we'll tell you what supplies you'll need, where to get them and all about the course. Learn to paint with an experienced artist and teacher. No oil paints. Learners are required to provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7552

Calligraphy Beginner

Embark on a journey of elegance and precision. This course is designed for beginners who would like to learn the foundational principles of calligraphy. Learn classic scripts and create stunning hand-lettered artwork. You will develop the skill to the art of beautiful writing. You are required to provide your own supplies, for a list of items required, please visit the website.

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3:30pm Apr 9, 2026 9wks \$270 (\$216sr) PR-7419

Drawing For People Who Can't Draw

In this course, we will focus on looking, seeing, form, perspective, composition, line and shading techniques, and texture. We will draw a variety of subject matter using pencil, charcoal, conte, pen and ink and coloured pencils.

Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-9pm Apr 13, 2026 9wks \$338 (\$270sr) PR-7502

Drawing and Watercolour-All Levels

Learn about the methods and media used to create watercolour. Explore form, colour, and

composition. Taught with demonstrations, group and individual instruction.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 9am-12pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7401

Expressive Abstract Landscape Painting

This course is designed for all levels and focuses on creating an Abstract Landscape painting. We will explore colour mixing, the use of different techniques and materials, how to find solutions to balance the Abstract composition, and to observe nature in different ways. Learners will share their stories as a group, participate in group feedback, and self-reflection of their pieces. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 10am-1pm Apr 13, 2026 9wks \$405 (\$324sr) PR-7402

Figure Drawing Beginner

Explore traditional and new techniques through a broad choice of media while drawing from live models. Students supply their own materials. Final price includes a model fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$465 (\$384sr) PR-7546

Landscape Painting

Discover the beauty of landscape painting through guided projects designed to spark creativity. Working in watercolour or acrylic, you'll explore techniques with step-by-step demonstrations in both mediums. Drawing inspiration from the work of established artists, participants will learn to develop their own unique interpretations of the landscape in the medium of their choice.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7553

Linoleum Block Printing

Discover the bold, graphic art of lino printmaking in this hands-on course designed for beginners and enthusiasts alike. Learn how to design, carve, and print your own unique linoleum block prints using traditional tools and techniques. Explore image transfer, carving methods, ink application, and printing by hand to create beautiful prints on paper. Whether you're interested in fine art, handmade cards, or textile design, this course offers a creative and rewarding experience. Final Price includes a material fee of \$40.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Apr 9, 2026 9wks \$445 (\$364sr) PR-7505

Oil and Acrylics All Levels

Explore the fundamental techniques of oil and acrylic painting, while refining your own style of expression. Learn to choose your subject, materials, composition, construction and colours to produce stunning results. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7482

Pottery All Levels

Learn a timeless art form, build on what you already know or refine your skills! This class is designed for all students interested in pottery. Make, decorate and glaze your own pottery. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$465 (\$384sr) PR-7554

Pottery Beginner: Intro to Handbuilding

Learn to make and glaze your own pottery in this hand building course. Create unique pieces out of clay. Learners will explore the use of clay with various tools and treatments. Final price includes a material fee of \$50.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$455 (\$374sr) PR-7548

Thu 6:30pm-9:30pm Apr 9, 2026 9wks \$455 (\$374sr) PR-7556

Pottery-Beginner/Intermediate

This class is designed for both the beginner as well as those with some previous experience. Learn or improve your potter's wheel skills and handbuilding techniques. Those new to this art form will learn to make, decorate and glaze their own pottery. Experienced potters will refine their skills. Final price includes material fee of \$50.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-9:15pm Apr 8, 2026 9wks \$455 (\$374sr) PR-7483

Pottery: Beginner Throwing

Join us and learn how to throw a cylinder, mug, bowl, decorate and glaze your thrown creations. This course is designed for the beginner thrower with no experience. Please note that due to limited number of wheels, learners will need to take turns using them throughout the term. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Printmaking: Silkscreen

Get creative in printmaking. Dive into the process of transforming your designs into prints on various surfaces using silk screens. This course provides an experience to delve into the realm of silk screen printing. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$465 (\$384sr) PR-7550

Sculpture: Clay

Learn to manipulate clay through the observation and interpretation of live nude models. Subsequent mold-making and casting are also covered. Final price includes a model fee of \$70.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$475 (\$394sr) PR-7555

Yes, You Can Draw!

Have you ever looked at a scene, flowers, or an interesting building and thought, I wish I could draw that? It may be easier than you think once you understand the basics of shapes, how light falls and how to use simple tools. This course starts at the beginner level and guides students through seeing the forms and shapes of objects, how to render them in 2D and 3D, using various mediums including graphite pencil, charcoal, and watercolour pencils. Learner must provide own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8:30pm Apr 9, 2026 9wks \$338 (\$270sr) PR-7504

Business and Finance

Accounting and Bookkeeping Beginner

This online course is an introduction to basic accounting and bookkeeping processes and procedures for entry level positions e.g. accounts receivable/payable, personal or small business needs. It includes instruction on double-entry journaling, general ledger, posting accruals, deferrals, financial statements, and more.

*Remote Course Offering

Sat 10:30am-12:30pm Apr 11, 2026 9wks \$270 (\$216sr) PR-7465

Accounting: Small Business and Tax Issues

Throughout this online course, you will be provided with a variety of information to help you

manage the operations of your business. Topics include setting up a simple records keeping system, understanding and using of financial statements, Canadian payroll and statutory deductions. Capital cost and capital cost allowance as well as types of vehicle and allowable motor vehicle expenses, attribution rules and income splitting techniques will be covered along with much more! Ideal for new and existing business.

*Remote Course Offering

Sat 8:30am-10:30am Apr 11, 2026 9wks \$270 (\$216sr) PR-7466

Estate Planning Workshop

In this remote workshop we will provide an overview and structuring of Will and Power of Attorney. Estate Planning is required to ensure that your assets and properties are distributed according to your wishes in a tax efficient manner and not dictated by the law.

*Remote Course Offering

Thu 6pm-8pm Apr 9, 2026 3wks \$90 (\$72sr) PR-7473

Personal Finance and Investment Basics for Women

In this remote course you will learn all the basics of your personal finances to help you feel more confident with your money. Set goals and create a budget. Discover all the different types of regular and registered bank accounts and how to use them all effectively. Learn about how investments like mutual funds, stocks, and ETFs work. Lastly, you will learn about credit; how to read and understand your credit report, how credit approval decisions are made by institutions, how loans and interest work, and how to calculate if you can afford to take out credit for a large purchase. Men are welcome to join the class.

*Remote Course Offering

Wed 6pm-8pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7470

Personal Finance: Expenses Planning

In this workshop we'll explore how to determine the actual cost of any type of expenditure. On the surface, pricing out the purchase of a product seems easy, but there are numerous often unrecognized costs associated with most expenditures. Some of them are immediate while others are incurred in the future. Too often, some people fail to manage the balance between income and expenses and compromise lifestyle. Participants will learn how to price single item purchases and incorporate them with all expenditures into a personal or business budget so affordability is managed like a pro.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9pm Apr 15, 2026 1wks \$30 (\$24sr) PR-7488

QuickBooks

This remote QuickBooks course has everything you need to manage your business more effectively. It's as simple as filling in familiar cheques, invoices and forms onscreen. QuickBooks gives you instant access to your business' financial information with over 100 reports. Registrants are recommended to have some basic accounting knowledge.

[*Remote Course Offering](#)

Wed 5:30pm-7:30pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7472

Real Estate Development

Have you ever dreamed of investing in Toronto real estate but felt discouraged by the hefty down payment and financing hurdles? You're not alone—and there's exciting news! Toronto is experiencing a major housing transformation. While big developers have traditionally built high-rise condos, recent government initiatives are opening the door for everyday investors like you. The focus is now on creating the "Missing Middle"—multi-unit homes that bridge the gap between single-family houses and towering condos. Join us to learn every step of the development process from a seasoned Toronto expert. Whether you're new to real estate development or have some experience under your belt, you'll gain practical insights that can help you make the most of this unique opportunity.

[Burnhamthorpe CI 500 The East Mall, Etobicoke](#)

Sat 9am-12pm Apr 11, 2026 6wks \$270 (\$216sr) PR-7432

[Northern Secondary School 851 Mount Pleasant Road, Toronto](#)

Mon 6pm-9pm Apr 13, 2026 6wks \$270 (\$216sr) PR-7499

Stock Market

Have you ever wondered how the stock market works? Would you like to make your own investments in the stock or bond markets to increase your wealth? Do you want information on ways to increase your income now and to increase your nest egg for the future? This online course includes instruction on how to find and evaluate stock and bonds to help you improve your finances.

[*Remote Course Offering](#)

Wed 6pm-8pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7471

Will and Power of Attorney Workshop

Whatever your age or financial position, it is a sound idea to plan ahead for eventual situations when you may need to authorize another person to make decisions about your health or to distribute your property according to your wishes. This one day workshop will teach you the step by step process for preparation of a valid will and power of attorney in Ontario.

[Burnhamthorpe CI 500 The East Mall, Etobicoke](#)

Sat 9am-1pm Apr 18, 2026 1wks \$60 (\$48sr) PR-7491
Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-8:30pm Apr 22, 2026 2wks \$60 (\$48sr) PR-7531

Communications

Creative Writing

Through this class, learn to craft characters, create mood and structure your work while letting your language flow. Exercises focus on the creation of character through which plot is explored. You will work toward creating a strong story. Teacher editorials and controlled workshop approaches are used to develop strategies for enhancing each individual story.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 7pm-9pm Apr 9, 2026 9wks \$270 (\$216sr) PR-7506

Public Speaking

Whether speaking to a small informal group, a business meeting, or a political gathering, stage fright can be a very real and debilitating feeling. This course will help you overcome some of your fears and give you the tools to improve your public speaking.

Leaside High School 200 Hanna Road, East York
Wed 7:30pm-9:30pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7479

Computers

AI Tools for Everyday Life

Learners will be able to confidently use free AI tools (such as ChatGPT, Google Translate, Gemini and others) to support everyday tasks like communication, organization, and creativity. Learn how to apply AI tools in your daily life to write emails, set reminders, explore hobbies, manage health routines, and preserve memories through photos. Learn how to use AI safely and responsibly by recognizing trustworthy information, protect your personal details, and avoid common online risks.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 9am-11am Apr 11, 2026 4wks \$120 (\$96sr) PR-7435

DIY Comics and Zines

Tell your story and create narrative art in this beginner-friendly course. From front to back cover, explore the fundamentals of making comics through a do-it-yourself lens. Discover the medium of the graphic novel, from collaging 'zines' to drafting your very own comic.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7545

Getting Started with AI: Simple Tools That Make Life Easier

Curious about Artificial Intelligence, but not sure where to start? This friendly, hands-on beginner class will introduce you to AI in a simple and practical way. You'll explore how to use tools like ChatGPT and more to make everyday life easier; from writing and organizing to travel planning and exploring new ideas. Each session includes easy, guided activities and real-life examples to help you gain confidence using today's smartest tools. Learners can join the course with Windows laptop or PC, MacBook, or Chromebook.

*Remote Course Offering

Mon 9:30am-11:30am Apr 13, 2026 4wks \$120 (\$96sr) PR-7420

Get Things Done with Google and A Touch of AI Magic

This is a Remote beginner-friendly, hands-on course exploring Google Docs, Sheets, Drive, Gmail, and more with AI-powered tools and tips to boost productivity and save time.

*Remote Course Offering

Thu 6:30pm-8:30pm Apr 9, 2026 4wks \$120 (\$96sr) PR-7557

Crafts

Floral Design for Beginners

Unlock your creativity and explore the art of floral arrangement in this hands-on introductory course designed for beginners. Whether you're looking to brighten your home, plan your own events, or start a new hobby, Floral Design for Beginners will teach you the fundamental techniques and principles of floral design. Final price includes a material fee of \$90.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Apr 15, 2026 6wks \$270 (\$234sr) PR-7532

Hand Embroidery for the Beginner

Learn the basics of hand embroidery. Learners will learn how to choose the right threads, needles and fabrics for their fabrics and projects. Basic stitches such as the running stitch, the cross stitch, and flat stitches and their variations will be taught. Different pattern transfer techniques will also be taught. Learners will complete the class with a reference sampler and notes. Personal projects are encouraged. Learners must provide their own materials. Final price includes a fee of \$5.00 for additional supplies.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$410 (\$329sr) PR-7547

Jewellery A

Have fun learning how to sculpt wax for lost-wax casting of jewellery items, uniquely designed by you! Waxes may be cast commercially off site. Also learn polishing steps, to give your cast jewellery pieces a high shine. Beginners welcome. Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 9, 2026 9wks \$430 (\$349sr) PR-7540

Jewellery B

Create a silver ring while learning jewellery skills in saw-piercing, bending, silver soldering and polishing. Design your second project after watching demonstrations of riveting, fusing, chasing, rolling mill texturing and patination. Beginners welcome. Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$430 (\$349sr) PR-7541

Jewellery E - Hammerforming II

By hammering a folded piece of thin metal for a minute, then opening up the fold, you can create surprisingly beautiful, three-dimensional pieces for jewellery or small sculptures. Along with this foldforming technique invented by Charles Lewton-Brain, the complementary techniques of doming, anticlastic raising, and tapered tube making will be taught. Beginners welcome. Must be able to hammer. Final price includes a material fee of \$30.00 which covers copper, brass, polishing compounds, and other consumables.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$435 (\$354sr) PR-7542

Learn to Make Soap from Scratch!

Two sessions of bubbly fun! Learn to make soap from scratch. From the safe handling of lye to final packaging you will be the queen (or king) of clean. Things you will learn; how to manage lye and calculate the correct quantity, creating a recipe, mixing, colouring, fragrancing, molding, unmolding, sourcing ingredients and packaging. You will take home a share of the loot at the end of week 2. Please bring rubber gloves. Safety goggles desired but not required. Glasses are good. Final price includes a material fee of \$15.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Jun 1, 2026 2wks \$105 (\$87sr) PR-7452

Weaving: All Levels

Join us for an engaging weaving course designed for students with some prior

experience. Weavers will explore new patterns, experiment with techniques, and undertake various projects at their own pace, while completing their project by the end of the term. The instructor will provide personalized guidance for each participant, fostering a collaborative environment where students can share insights and receive constructive feedback from others on their work. All necessary equipment will be available in class, and participants are responsible for purchasing their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7407

Mon 10am-1pm Apr 13, 2026 9wks \$405 (\$324sr) PR-7410

Weaving: Introduction

This course will explore weaving as an expressive art. Beginners can explore alternative materials (such as foraged botanicals) and techniques. Beginners can expect to make a table runner, wall hanging or a set of placemats. Interested participants can also learn to make simple small looms and tools. More experienced learners will set their own goals, with input and sharing from other students. A list of suppliers in Ontario will be provided to students. All necessary equipment will be provided in class, and participants are responsible for purchasing their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1:30pm-4:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7408

Dance

Ballroom and Latin Dancing Beg/Int

Take your Ballroom and Latin dancing to the next level! Build on the skills learned in the beginner and beginner level II class with new steps, patterns, and body movements that will expand your repertoire and enhance your confidence on the dance floor. Please wear comfortable shoes suitable for movement.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7:45pm-9:15pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7485

Ballroom and Latin Dancing Beginner

Learn the basics of ballroom dancing, including many of the Latin dances. A variety of dances are covered including: Waltz, Foxtrot, Tango, Swing, Cha-Cha, Rumba and more. Build on a good foundation of movement, poise and balance. Wear comfortable shoes. The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending this class, it is strongly recommended that only couples register for this class. Everyone must follow the Toronto Public Health Guidelines by wearing a mask. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Overland PS 55 Overland Drive, North York
Thu 11am-1pm Apr 9, 2026 9wks \$270 (\$216sr) PR-7393
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7pm-8:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7445

Egyptian Belly Dancing Beginner

Tone muscles, improve posture and increase your body awareness while developing grace and body movement. Wear leotard, body suit or exercise clothes.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6:30pm-7:45pm Apr 13, 2026 9wks \$169 (\$135sr) PR-7503

Line Dancing Beginner

This course will introduce you to basic line dance steps and commonly used cues, as well as to popular line dances that are done in social dance settings.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-7:30pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7440
Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 12pm-2pm Apr 10, 2026 9wks \$270 (\$216sr) PR-7431
Overland PS 55 Overland Drive, North York
Mon 1pm-2:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7403

Line Dancing Intermediate

In this course, learn new steps and more complex patterns to those learned in Line Dance Beginner. Participants must be able to follow cues from the beginner (Level 1) steps. Dances will vary in difficulty from Level 1+ to Level 2+.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 10am-12pm Apr 10, 2026 9wks \$270 (\$216sr) PR-7398
Overland PS 55 Overland Drive, North York
Mon 2:30pm-4pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7413

Night Club Dancing-Salsa and More

Learn hot Latin dances, 'nightclub style' (non-ballroom) such as Salsa, Merengue, Bachata (or Cha-Cha.) Dancing is an activity that will help you stay in shape and make you feel and look great! Wear comfortable shoes.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7500

Discover the Outdoors

Birdwatching for Beginners - Explore Feathered Gems Right in Our Backyard!

Let's step outside and dive into the wondrous world of birdwatching—right in our urban backyard! Join fellow enthusiasts to learn about birds' unique features, songs, and behaviors while exploring a variety of urban habitats. We'll visit several sites across Toronto and surrounding areas to observe birds in their natural environments. Participants should bring their own binoculars, water, and snacks, and wear comfortable walking shoes. Please be prepared for a minimum of three hours of walking. Cameras of all types are welcome. Pets must be left at home. This outing is suitable for all experience levels.

Off-site Locations

Wed 8:30am-11:30am May 20, 2026 4wks \$180 (\$144sr) PR-7417

Fitness

Aerobics to the 80's! Let's Get Physical!

This is online course. Get fit listening and exercising to your favorite 80s music!! A workout that makes you want to move and groove while getting your heart beat going. Creative, quick, fun, and effective workouts. We will be using small hand and ankle weights along with resistance bands. Workout in your space to focus on burning calories, sculpting and strengthening our bodies all to the sounds of the nostalgic 80s!

*Remote Course Offering

Wed 6pm-7pm Apr 8, 2026 9wks \$135 (\$108sr) PR-7468

Aging Backwards with Yoga

This remote course is designed for all levels, and for people who want a stretching and strengthening workout. If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga. A yoga mat and a yoga block is encouraged to have.

*Remote Course Offering

Wed 6pm-7:15pm Apr 8, 2026 9wks \$169 (\$135sr) PR-7469

Bone Fitness

Based on the Osteoporosis Canada BoneFit training program, this class combines posture, balance, walking patterns, cardio, strength training, and specialized spine exercises, to promote and support spinal health. Note that many of the exercises will be performed laying down on an exercise mat. Appropriate for students with diagnosed low bone mass, and for those who just want to learn new techniques. Students should bring an exercise mat, 1-5 pound hand weights, and several small towels to use as padding.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-7pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7510
Mimico Adult Centre 255 Royal York Road, Etobicoke
Thu 12pm-1pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7416
Overland PS 55 Overland Drive, North York
Mon 11:45am-12:45pm Apr 13, 2026 9wks \$135 (\$108sr) PR-7415

Core Conditioning

This class is dedicated to building core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles, including lower back, glutes and shoulders. Strong core muscles equate with a trimmer appearance, less back injuries and they will keep us in shape. Learners are encouraged to bring: yoga mat, two dumbbells (1LB to 3LB depending on the preference) and one kettlebell (5LBs) if possible.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6:30pm-7:30pm Apr 13, 2026 9wks \$135 (\$108sr) PR-7447

Core Without the Floor

Want to improve balance and posture and work on your mid-section and pelvic floor, but don't like lying on the floor? No problem! In this class, the floor is brought to you. Participants will do all of this and more, with seated exercises (80%) and standing exercises (20%). With a strong emphasis on the muscles responsible for balance and proper alignment, participants will also restore their range of motion so they can move about with ease, pain-free. It is strongly recommended participants wear anti-slip grip socks, as part of this class is done without shoes. Light hand weights and a band is also recommended.

Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:15am Apr 11, 2026 9wks \$135 (\$108sr) PR-7463

Core Yoga

Core yoga is a dynamic flow that is designed to strengthen our core and challenge our body through movement and breath. We will focus on exercises for the front, back and sides of our torso. We will start with some of the basic yoga movements with the intention of working our way up to postures that require more of our core strength for support. This class offers an opportunity to strengthen and lengthen your core muscles; in turn, developing greater stability and balance. All levels are welcome!

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6:30pm-8pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7501

Flexibility and Muscle Toning

Tone your body and improve your range of motion through dynamic stretches and light weight lifting. Target specific muscle groups for toning and definition. Learners are encouraged to bring 2 lb weights to class.

*Remote Course Offering

Sat 9:45am-10:45am Apr 11, 2026 9wks \$135 (\$108sr) PR-7490

Island Sweat Fusion

Island Sweat Fusion is a Caribbean-inspired dance fitness class that blends high-energy soca, dancehall, and reggae rhythms with light strength training. The result is a total-body cardio workout that's low-impact, joyful, and effective — perfect for participants of all levels. This class is more than a workout; it's a celebration of movement, music, and culture.

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7544

Low Impact Aerobics

Slim your body and tone your muscles with safe stretch and strength exercises. These easy aerobic movements will improve your flexibility and cardiovascular endurance. Please note, learners to bring a set of light weights and the pace of the class is at an intermediate level.

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Apr 8, 2026 9wks \$135 (\$108sr) PR-7395

Fri 9am-10am Apr 10, 2026 9wks \$135 (\$108sr) PR-7394

Mixed Martial Arts (MMA) Self Defense

Participants in this program will learn defensive striking, kicking and grappling techniques needed to defend themselves from combative situations. Topics to be covered in this course include close quarters combat, striking critical areas of your attacker and defensive take down techniques. Learners will also partake in special 'combat fitness' sessions in which martial art drills and games will be used to help develop personal fitness of participants.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7511

Pilates

Strengthen and tone your body with pilates. Developed by Joseph Pilates in the early 1920's and utilized by fitness and dance instructors worldwide, pilates focuses on strength, control, flexibility, fluidity and balance. This course offers gentle yet challenging exercise can help sculpt the body through proper breathing and concentration techniques. Recommended equipment: Exercise

mat.

*Remote Course Offering

Wed 8pm-9pm Apr 8, 2026 9wks \$135 (\$108sr) PR-7486

Sat 11am-12pm Apr 11, 2026 9wks \$135 (\$108sr) PR-7489

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7437

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7508

Strength and Weight Training

There are so many benefits to strength and weight training. Improve the metabolism, achieve a sculpted physique, and reduce stress. Get ready to hit the gym, sculpt your body, and stay fit while building strength, muscle mass, and endurance.

Central Technical School 725 Bathurst Street, Toronto

Thu 6pm-7:15pm Apr 9, 2026 9wks \$169 (\$135sr) PR-7539

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:15pm Apr 13, 2026 9wks \$169 (\$135sr) PR-7449

Tai Chi Beginner

Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. In this course, you will learn warm-up techniques and practice various forms within a routine. (Yang style).

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-10:30am Apr 11, 2026 9wks \$203 (\$162sr) PR-7434

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Apr 13, 2026 9wks \$203 (\$162sr) PR-7406

Overland PS 55 Overland Drive, North York

Wed 2:30pm-4pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7399

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7450

Tai Chi Intermediate

This course is a follow-up to the beginner course, introducing more complex forms and techniques. Deepen your understanding of posture, balance, and movement while exploring more advanced sequences. This class is suitable for those who have a basic understanding of Tai Chi and are ready to progress in their practice. You will learn warm-up techniques and practice various forms within a routine.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tai Chi Sword

The Yang Tai Chi Sword Form is a way for the continuing study of Tai Chi principles and the expression of moving energy. Tai Chi Sword involves controlling the collapsible toy sword like a warrior, the movements require dexterity, perform like a dancer, with balance and precision to be flawless while appearing effortless to the observer. Based on availability, the collapsible toy sword will be provided by the instructor to use in the class.

Overland PS 55 Overland Drive, North York

Wed 1pm-2:30pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7428

Tai Chi-Advanced

Study the Yang style which consists of a sequence of slow continuous movement. In this class you will use a plastic retractable sword.

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Apr 7, 2026 9wks \$203 (\$162sr) PR-7400

Yoga: Hatha All Levels

Yoga can be adapted to suit individual levels of flexibility, endurance and strength. Gain calm and confidence as you learn to harmonize the body and the mind. Please have a yoga mat.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 11am-12pm Apr 8, 2026 9wks \$135 (\$108sr) PR-7423

Wed 7:30pm-8:30pm Apr 8, 2026 9wks \$135 (\$108sr) PR-7481

Zumba

Learn a new way to work out with easy-to-follow moves and routines. Hypnotic Latin rhythms help create a dynamic fitness program that will energize, inspire and captivate you for life! This course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7:15pm-8:15pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7439

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-8:30pm Apr 8, 2026 9wks \$135 (\$108sr) PR-7476

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Apr 13, 2026 9wks \$135 (\$108sr) PR-7451

Zumba Gold

Zumba Gold is Zumba for baby boomers. It uses traditional Zumba modified to suit the needs of the active older generation. It's also great for those just starting on their journey to a fit and healthy lifestyle. There is no skimping on the traditional party atmosphere and the latin rhythms will move you and groove you to a new tune.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7438

Overland PS 55 Overland Drive, North York

Mon 10:30am-11:30am Apr 13, 2026 9wks \$135 (\$108sr) PR-7422

Zumba Gold Toning

The Zumba Gold-Toning program offers the best of both worlds - the exhilarating experience of a Zumba fitness party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 1pm-2pm Apr 9, 2026 9wks \$135 (\$108sr) PR-7424

Food (We cannot guarantee a nut free environment)

Beyond Bliss: The Ultimate Chocolate Chip Cookie Workshop

Who doesn't love a delicious chocolate chip cookie? Join us for a fun workshop where we'll dive into the art of making the perfect soft, rich, and gooey chocolate chip cookies! Instead of splurging on store-bought cookies, why not whip up your own at home? Participants will take home a dozen homemade cookies to enjoy at home. Just remember to bring an apron and a container for your sweet treats! If you want to get creative, feel free to bring your favorite chocolate bar for a special twist. And don't worry, we'll have milk ready for you to enjoy! Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm May 21, 2026 1wks \$70 (\$61sr) PR-7538

Cake Decorating

Decorate beautiful party cakes for all those special occasions; In this course, you will learn how to prepare and complete a cake, make royal and butter cream icing, colour flow and borders, and so much more. Cake decorating and icing become a breeze with step-by-step instruction and demonstrations!. Learners are responsible for providing their own materials, Instructor will provide a list at the first class.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 9am-11am Apr 11, 2026 9wks \$270 (\$216sr) PR-7433

Essential Portuguese Cuisine

Discover the tastes of Portugal and its islands through this introductory culinary course where participants will learn recipes that combine the essence of Mediterranean cuisine with flavors and aromas of the Age of Discovery. Embrace iconic seasonings and spices such as onion, garlic, piri-piri, olive oil, chouriço citrus fruits, paprika on this gastronomic journey. Students will learn how to prepare a complete meal from soup to dessert in this 5 class series. Final price includes a material fee of \$100.00 and a guaranteed full tummy.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Apr 9, 2026 5wks \$325 (\$280sr) PR-7537

Mediterranean Cooking

Studies consistently rate the Mediterranean diet among the healthiest in the world. Learn about the flavours and ingredients of this delicious and nutritious cuisine. We will prepare classic dishes, appetizers and desserts. Simple modifications can make many dishes vegetarian and/or gluten free. This class is a mix of demonstration and hands-on format. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$485 (\$404sr) PR-7529

Pizza Making Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$20.00.

Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-9:30pm Apr 20, 2026 1wks \$73 (\$62sr) PR-7458

Quickbreads

Come join our class and bake along with the instructor. Make delicious scones and muffins. These yummy treats are perfect with coffee/tea. Spruce up your breakfast plate by adding any one of these breads along any style egg dish! Final price includes a material fee of \$15.00.

Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-9:30pm May 4, 2026 1wks \$68 (\$57sr) PR-7459

Signature Salads Workshop

Add some delicious salads to your dietary menus. This course offers a variety of recipes that

incorporate proteins, nuts and/or seeds, and vegetables. You will also learn to create dressings from scratch. Final price includes a material fee of \$20.00.

Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-9:30pm May 25, 2026 2wks \$125 (\$104sr) PR-7460

Taste of the World - Global Cooking

Explore the world through food! In this hands-on course, you'll learn basic cooking techniques while preparing iconic dishes from Italy, Spain, South America, Asia, India, and Mexico. Each week features a different cuisine, simple ingredients, and approachable methods. Note: Dishes may vary slightly depending on ingredient availability. Vegetarian options provided. Final price includes a material fee of \$50.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6:30pm-9:30pm Apr 13, 2026 5wks \$275 (\$230sr) PR-7444

Games and Hobbies

Bridge Beginner Plus

This course introduces students to competitive bidding, carding methods & scoring. The course focuses on real-world bidding methods and practice deals where all players may compete to find the best spot for their side. Ideal for students who have taken Bridge Beginner course or those who are quite experienced but want to learn more about competitive bidding. Students will be required to purchase a book and at least 1 bidding box, instructor will advise at the first class. Book and bidding box not required for the first class.

Leaside High School 200 Hanna Road, East York
Wed 6pm-8pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7492

Bridge Intermediate

This course covers popular conventions such as Stayman, Jacoby transfer, strong opening bids and slam bidding. Sessions also cover practice deals, tips in bidding and carding methods. Students who have covered Bridge Beginner will be able to cover most random deals they may encounter. Learners are recommended to have taken Bridge Beginner. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-8pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7493

Handiwork

Auto Mechanics Advanced

This instructor-led program offers hands-on training in automotive troubleshooting using students' own vehicles for demonstrations. Held in a high school garage equipped with a hoist and limited tools, the course focuses on diagnosing and resolving real car issues presented by learners. The instructor explains each step in detail, encouraging questions and discussion throughout. Note: this is an instructional program, not a self-directed shop. Equipment use is limited to what is available during class time, and project completion is not guaranteed. Learners are encouraged to bring vehicles with issues for educational purposes.

Northview Heights SS 550 Finch Avenue West, North York
Mon 6:30pm-9:30pm Apr 13, 2026 9wks \$405 (\$324sr) PR-7454

Bicycle Repair

This course covers all aspects of bicycle repair and maintenance. Learners must bring in their own bike to work on. Tools needed for course are provided in class. Students who have repair kits and they are encouraged to bring them to class. Note: Repairs to eBikes (electronically powered bicycles) will not be covered in this class.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7528
Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7487

Upholstery

Do you have a chair that needs new life or a footstool that needs uplifting? Bring them to the upholstery class. A Master Upholsterer will teach you the basics that will enable you to complete a project in class or in your own home. Topics include stripping furniture, reinforcing frame work, cutting, sewing, laying fabric and foam. Also, bring tools such as nail/staple remover, hammer, pliers, scissors and protective eye goggles. Wear comfortable work clothes and closed shoes. Learners will buy own supplies, bring small project to class (maximum size - small armchair). Learners should bring pliers, scissors, eye protection and staple remover to class on the first day.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6pm-9pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7484

Wood Carving and Sculpture

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided.

Learners supply some of their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6pm-9pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7480

Wood Carving and Sculpture

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 9am-12pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7426
Tue 1pm-4pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7427
Wed 1pm-4pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7425

Languages

Advanced Spanish Grammar and Conversation

Designed as a continuation for students who have completed Intermediate Level II and are looking to enhance their grammar and conversation skills. The course is structured around discussion topics and activities (including reading and discussion of articles), short literature passages and aspects of daily life.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-8:30pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7517

French Beginner

Through this course, learn the basics of French for use in everyday situations. This course covers the basics using a combination of grammar, vocabulary, reading and conversation. A French/English dictionary may be required.

*Remote Course Offering
Mon 7pm-9pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7446

French Beginner Level II

This online course is a continuation of the beginner course for those who would like more of the basics before moving on to the Intermediate level. Further develop your skills in speaking, listening and reading French. You must have a basic knowledge of French vocabulary and grammar. Emphasis will be placed on reading and conversation. A French/English dictionary may be required.

*Remote Course Offering

Thu 7pm-9pm Apr 9, 2026 9wks \$270 (\$216sr) PR-7474

German Beginner

Learn the basics of conversational German for use in everyday situations. Interactive methods are used to develop language skills. This course teaches the basics using a combination of grammar, vocabulary, reading, writing and conversation. German/English dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7516

Italian Beginner

Learn basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course covers grammar, vocabulary, reading and conversation. An Italian/English dictionary may be required.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Apr 10, 2026 9wks \$270 (\$216sr) PR-7411

Japanese: Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught. A Japanese English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7524

Spanish Beginner

In this Remote course, learn basic conversational Spanish for everyday situations. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. Learn and practice the language through various activities in a fun and relaxing online environment.

*Remote Course Offering

Sat 8:30am-10:30am Apr 11, 2026 9wks \$270 (\$216sr) PR-7467

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Apr 7, 2026 9wks \$270 (\$216sr) PR-7523

Thu 6:30pm-8:30pm Apr 9, 2026 9wks \$270 (\$216sr) PR-7533

Overland PS 55 Overland Drive, North York

Mon 2:15pm-4:15pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7421

Spanish Beginner Level II

This course reviews and expands your previous knowledge of the Spanish language. Your listening

comprehension, oral expression, reading and writing skills will be further developed.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 7, 2026 9wks \$270 (\$216sr) PR-7519

Spanish Intermediate

Further develop your skills in speaking, listening and reading Spanish. More emphasis will be placed on reading and conversation. Students must have a basic knowledge of spoken and written Spanish. This course is a continuation of the Beginner Level II course. Spanish/English dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8:30pm Apr 13, 2026 9wks \$270 (\$216sr) PR-7512

Spanish Intermediate Level II

This course is a continuation of Intermediate level. Learners will continue to develop and apply their speaking skills in a variety of contexts and will participate in activities that will improve their reading comprehension and writing skills. Spanish/English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Apr 8, 2026 9wks \$270 (\$216sr) PR-7525

Music

Guitar Beginner

This class is for people with little or no background in playing the guitar. The following areas will be covered: basic open chords, notation, strumming and finger plucking. A wide range of music will be explored. You are required to have your own acoustic guitar.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 7, 2026 9wks \$270 (\$216sr) PR-7522

Piano Keyboarding Beginner: Level I

This is a course designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. At Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7414

Piano Keyboarding-Beginner Level II

This is a course designed for students with some previous playing experience. Level II will cover

further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions. At Overland, some keyboards are available, but students may bring their own.

Overland PS 55 Overland Drive, North York

Wed 3pm-4:30pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7418

Piano Keyboarding-Beginner: Level III

This is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. Focus will be on changing and combining different hand positions as well as learning new fingering techniques. Additional popular selections will also be covered. Keyboards available at Overland Learning Centre.

Overland PS 55 Overland Drive, North York

Thu 3pm-4:30pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7429

Self Development

Life Reimagined: Creating Meaning and Wellbeing in Retirement

What are you doing for the rest of your life? Traditional retirement planning focuses on financial matters but there's more to life than money! Work provides structure, purpose, and, community; how to replace these in retirement? In this online course, learn how to create a personal retirement plan, consider common issues, and hear advice from those who've already retired.

*Remote Course Offering

Thu 6pm-8pm Apr 9, 2026 6wks \$180 (\$144sr) PR-7443

Sewing

Pattern Drafting and Design Part II

Create your own designs and sewing patterns for fashion apparel through flat-pattern drafting. This course focuses on the female bodice sloper. Learn how to draft a personal bodice sloper, explore various design techniques including dart manipulation and finishing techniques, to create your own "Above the Waist" designs. Basic sewing skills are an asset. Students to supply their own basic sewing kit, fabrics and thread.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7543

Sewing Advanced

This course is for the experienced sewer who wants to further their sewing expertise and give their garments that professional touch. Working with more advanced patterns we will learn how to

develop prototypes for fit and sewing techniques including working with sheer fabrics and basic tailoring. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 9am-12pm Apr 13, 2026 9wks \$405 (\$324sr) PR-7405

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing machine and following basic patterns.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7518

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. Learn pattern layout, cross-stitch and more. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 9am-12pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7396

Sewing Beginner Level II

Beginner Sewing Level II is for the sewist that has some knowledge of sewing, can operate a sewing machine, and is a next step for students that have taken Beginner Sewing. Students will learn how to adjust patterns for personal fit, work with a commercial pattern to sew a full-sized shirt and learn the correct techniques for sewing collars, sleeves, facings and applying finishing techniques to create professional looking garments. Central Tech location: sewing machines available.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Apr 13, 2026 9wks \$405 (\$324sr) PR-7515
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Apr 9, 2026 9wks \$405 (\$324sr) PR-7509

Sewing Intermediate

This course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the

sewing techniques to make your garment look and fit great. Students will require a sewing kit and supplies to complete samples and a personal project.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 9, 2026 9wks \$405 (\$324sr) PR-7534

Sewing Intermediate

This course is for students who have learned the basic skills of sewing and who want a more detailed study of garment making. Create projects you'll be proud to wear. Learners must have their own sewing machine.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Apr 7, 2026 9wks \$405 (\$324sr) PR-7397

Sewing for You and Your Home

Want to learn how to add that personal touch to a garment or home accessory that you simply can't buy in a store. This course introduces a variety of projects or you can bring your own. We will discuss your personal project and apply sewing techniques to create something you will be proud to wear or show in your home. Students should have a sewing machine available to bring to class and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Apr 13, 2026 9wks \$405 (\$324sr) PR-7404

Sports

Badminton for Intermediate Players

Badminton is a dynamic sport enjoyed by millions around the world. To play at the highest level, athletes are not only required to have great physical capabilities, but also refined technical skills. In this intermediate badminton course, learners will build upon the foundation of basic techniques and fine tune and sharpen their skills to play a faster and more offense game. Lessons include how to block smashes, footwork, and both double and single game positioning, tactics and drilling.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7455

Basketball for Women

Join us for Recreational Instructional Basketball. Come out and develop or improve your passing, shooting, ball handling and game strategy skills in a friendly competitive atmosphere.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7436

Golf Beginner

Basic fundamentals of the golf swing will be covered, along with other topics.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7477

Golf Intermediate

The fundamentals of the golf swing and putting will be reviewed.

Leaside High School 200 Hanna Road, East York

Wed 8pm-9:30pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7478

Pickleball Beginner

In this introductory pickleball course, students will learn the fundamentals of the game including rules, proper stroke and grip technique, and basic strategies. This class is suitable for individuals of all skill levels who are looking to learn or improve their pickleball skills. Whether you are a complete beginner or have some experience, you will be guided through the basics to develop your game. Participants should bring their own pickleball racket and comfortable athletic clothing and footwear.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7442

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7513

Mon 7:30pm-9pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7514

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7507

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-8:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7495

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7457

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7448

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Apr 11, 2026 9wks \$203 (\$162sr) PR-7464

Pickleball Low Intermediate

This course is designed for players with some basic pickleball experience, aiming to bridge the gap between beginner and intermediate skill levels. Some drills might require adjustments to accommodate everyone within the time limit.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 8:30pm-10pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7496

Pickleball Power Hour: Smash and Drive Mastery

Dive into a fun and skillful one-hour session focused on refining your pickleball precision. This course caters to players across all levels, providing a lively environment to enhance your control and accuracy of serves, swings, and footwork. Engage in spirited drills to refine your finesse and elevate your game to new heights.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7pm Apr 13, 2026 9wks \$135 (\$108sr) PR-7494

Pickleball Warm-Up

Prepare your body for safe and enjoyable play with a guided pickleball-specific warm-up. This class combines light cardio, mobility, and dynamic stretching with an introduction to pickleball basics, techniques, and rules. Participants will gradually apply what they learn through guided play, building confidence and improving movement on the court.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7:30pm-8:30pm Apr 13, 2026 9wks \$135 (\$108sr) PR-7453

Tennis Beginner

This program is for those with little or no previous tennis experience. Instruction will include grips, backhand, footwork and more. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6:30pm-8pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7441
Central Technical School 725 Bathurst Street, Toronto
Tue 6pm-7:30pm Apr 7, 2026 9wks \$203 (\$162sr) PR-7520
Tue 7:30pm-9pm Apr 7, 2026 9wks \$203 (\$162sr) PR-7521
Wed 6pm-7:30pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7526
Wed 7:30pm-9pm Apr 8, 2026 9wks \$203 (\$162sr) PR-7527
Thu 6pm-7:30pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7535
Thu 7:30pm-9pm Apr 9, 2026 9wks \$203 (\$162sr) PR-7536
Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 7:30pm-9pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7498
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7456
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30am-10am Apr 11, 2026 9wks \$203 (\$162sr) PR-7461

Tennis Intermediate

Individual instruction and practice are provided for students with some tennis experience. Large classes will be divided into groups. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Learners are strongly encouraged to have taken the beginner level before advancing into intermediate.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7:30pm Apr 13, 2026 9wks \$203 (\$162sr) PR-7497
Thistletown Cl 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:45am Apr 11, 2026 9wks \$203 (\$162sr) PR-7462

Theatre, Film & TV

Cinema Studies

Explore new ways of experiencing film! Cinema can certainly be entertaining, but it can also be instructive, thought-provoking, and illuminating. This course provides you with the basic tools to analyze and interpret film, guiding you towards a richer appreciation of the medium. Topics covered include cinematography, genre, narrative theory, critical perspectives on sound and visual editing, documentary and experimental approaches to film, and much more.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7551

Improv: An Introduction

Are you looking to get out of your comfort zone? This course will be an introduction to the art of improvisation. Students will gain confidence, and learn spontaneous thinking through fun group activities, exercises, and performance games in an encouraging environment.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Apr 8, 2026 9wks \$405 (\$324sr) PR-7530
